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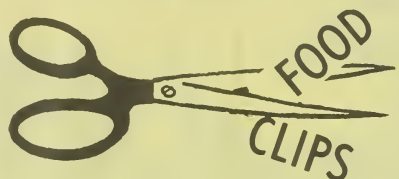
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION WASHINGTON, D. C.

April 19, 1971



CONSUMERS BEAT:

Dating Your Food

Food date labeling is not the total answer to protecting the individual consumer from hazardous, unwholesome foods according to a recent survey reported by the U.S. Department of Agriculture and conducted by the Food Science Department of Rutgers University. Eighteen food product groups were studied by the Rutgers Survey Team. The actual age of processed prepackaged foods is not considered the determining factor which affects the quality—nor even the shelf life of the items. Even if the product is dated you must still consider the storage, handling, and temperature control as well as time as the prime elements of importance.

Problems concerning protecting the quality of foods revealed that variations of the freezing process, itself, also affects the quality. Home cooking methods are another step in preparation that may affect the quality of foods.

Free single copies of the Food Stability Survey, Vol. 1, may be obtained while supply lasts by the news media. Write to the Economic Research Service, U.S. Department of Agriculture, Washington, D.C. 20250.

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Milk that has been frozen for a month or less can be used although the flavor and appearance may be changed, according to U.S. Department of Agriculture specialists. However, do not freeze sour cream, yogurt, evaporated milk, or cream.

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Did you know that older eggs are supposed to be easier to peel? Fresh eggs are usually more difficult to peel—so remember to use your oldest eggs when preparing hard-cooked eggs.

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Like to broil meat? Watch your timing—allow ten to twenty-five minutes for broiling one inch thick steaks. Lamb chops and cured ham slices require twelve to twenty minutes. Bacon needs about four minutes broiling time to be crisp.

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Cured olives may be served just the same as cucumber pickles—whole or chopped, sliced or stuffed.

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In China, the daylilly flower buds were used as food, and the roots and crowns, as painkillers. Even today many Chinese restaurants feature the daylilly as a delicacy along with other oriental foods.



TRAVEL USA



There's a Long, Long Trail ———

Do you like to hike? I mean, really hike? If so, you ought to try the 2,404 mile Pacific Crest Trail which winds its way down the mountain ranges of the West Coast from Canada to Mexico. It is administered by the U.S. Department of Agriculture's Forest Service and is guaranteed to provide a variety of hiking experiences. There's lots of fabulous scenery—glacial moraines and icefields, lava flows, alpine forest and deserts, wilderness and wildlife.

A continuous hiking and riding trail the length of the West Coast was a dream of people for many years. The Pacific Crest Trail is one of two scenic trails established under the National Scenic Trail Act of 1968. (The other is the 2,000 mile Appalachian Trail in the East). In its 2,404 miles it passes through 23 National Forests, twelve National Forest Wildernesses, seven National Parks and numerous State Parks as it follows the ridges of the Cascade Mountains in Washington and Oregon and the Sierra Nevadas in California.

All sign posts are marked by the new symbol which has been adopted for the Pacific Crest Trail (in the upper right corner). The mountain range and conifer against a blue-green background will be easy to spot along the trail.

Various segments of the trail were constructed separately. Now, as a National Scenic Trail, the segments have been united into one continuous path. There's easy access to the trail along the route—so plan to take it in segments if you're not in good shape. Maybe you'd better consider that—even if you are. It's real-ly a long trail.

FOR CONSERVATION —

TRY RUSSIAN-OLIVE

Looking for a dense, attractive hedge? Set your sights on a Russian-olive tree if you're shopping for something special to encourage wildlife to your property. It produces a silvery-white fruit which remains on the tree throughout the winter or until the crop is consumed. The silvery foliage and graceful, irregular shape of the Russian-olive makes it attractive for landscape plantings. In the early summer it bears many small, yellow, highly fragrant flowers that later develop into the silvery fruit.

What type of birds are attracted by this type of tree? Mourning doves, mocking-birds and game birds such as the pheasant, grouse, mallard and quail eat Russian-olive fruit. It's a spready, shrubby-type tree that usually grows 12 to 20 feet tall (at maturity). A living fence may be planned by spreading the Russian-olive plants about two feet apart. It must have adequate moisture for this use, and should be cut back after the first year to make it more bushy. In the West (and as far east as Minnesota and Kansas) it thrives best. Usually it is considered an ornamental in the Northeast.

Read about the Russian-olive by ordering Leaflet No. 517 from the U.S. Department of Agriculture's Soil Conservation Service, Washington, D.C. 20250. Single copies are available free while supply lasts.

COMMENTS & INQUIRIES:

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